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CANADA

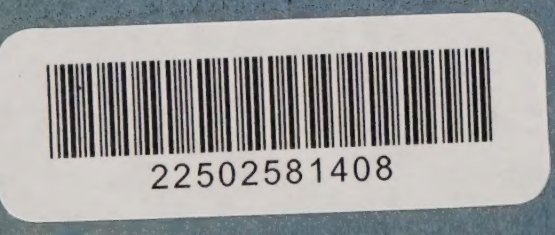
HOW TO TAKE CARE OF THE FATHER AND THE FAMILY

THE LITTLE BLUE BOOKS
MOTHER'S SERIES

ISSUED BY
DEPARTMENT OF HEALTH, CANADA
OTTAWA

"The really laborious man cannot afford to work on Sunday. My Sabbaths gave to me my happiest moments, and in a great stretch of years crowded with professional and public cares, they made family life in any responsible sense a possibility. Literary things, divine things, the significance of life for oneself, for all dear to one; for the great moving world; going to church ---why, that was but part of the natural homage which one paid to that supreme need which every sensitive soul feels for moral replenishment."

Lord Shaw of Dunfermline.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The Two Youngest Spend the Afternoon with Daddy. W. J. Turnbull.

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DOMINION OF CANADA

DEPARTMENT OF HEALTH

HOW TO TAKE CARE OF THE FATHER AND THE FAMILY

BY

HELEN MACMURCHY, M.D., (TOR.)

Chief of the Division of Child Welfare

BOARD OF EDUCATION

THE LITTLE BLUE BOOKS

MOTHER'S SERIES

OTTAWA

F. A. ACLAND

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"The very foundation of the whole commonwealth is the proper bringing up of the young."

—Cicero

"The world can be absolutely transformed in a single generation. The emotion of the ideal, organized through public opinion and directed through the young in education, is omnipotent. . . . Give us the young, and we will create a new mind and a new earth in a single generation."

—Benjamin Kidd

"The future of the world depends on the child. All advance, all the new orientation the world has hoped for and largely failed in attaining, may come in the new generation."

—H. D. Chapin

"I paced alone on the road across the field while the sunset was hiding its last gold like a miser. . . . ."

"I stopped for a moment in my lonely way under the starlight and saw spread before me the darkened earth surrounding with her arms countless homes furnished with cradles and beds, mothers' hearts and evening lamps, and young lives glad with a gladness that knows nothing of its value for the world."

—Rabindranath Tagore

The Curé answered with a warm smile, saying: "My boy, God is a very practical God—Yes, and so when He gave us natures like His, He gave men not wives only, but brethren, and sisters, and companions, and strangers, in order that benevolence, yes, and even self-sacrifice, mistakenly so called, might have no lack of direction and occupation, and then He bound the whole family together by putting everyone's happiness into some other one's hands."

—George W. Cable

"If you give a girl too much to do she breaks down; if you give a boy too much to do he does't do it."

—British Medical Journal

"I had lost my way amid the snows. At last, coming in the early morning upon a shack at the side of the drifted road, and hearing the sound of some one stirring inside, I knocked and was asked to come in. Opening the door, I saw a lad, sore of face and almost bare of clothing. I asked him where the road led. He answered, "It don't lead nowhere. It just goes up here a little ways and stops." That is the picture of more lives than we wish to admit. They just go a little way. . . . and stop. The great service of the Church, through its school, co-ordinated with the home and democracy's school, is to open the road for every child into the infinite.

—John H. Finley

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HOW TO TAKE CARE
OF THE
FATHER AND THE FAMILY

"TAKE good care of Mary," said the family friend to the happy bridegroom, as they stood together in the minister's parlour after the knot had been tied.

"And ain't she goin' to take care of me, too? answered the bashful swain.

Don't laugh. The bridegroom was right. He, and everybody else in the house, needs your care, Mary dear.

"I never knew how a Father felt till the children came running to meet me when I came home that first day from teaching school again, after my husband died," said a woman who had been left a widow with four little children, the youngest six months old.

"Yes, I went back to teach school again. I taught before I was married."

"O yes, I kept on nursing the baby. Every four hours, you know."

"But I never knew how a Father felt till the children came running out to meet me that first day."

How the Father Feels

Don't forget how the Father feels. He is bearing the burden and heat of the day. He carries the big responsibilities of life. He comes

back to his home to rest. He wants to be at his best to you and you want to be at your best to him. To make him welcome and to keep him healthy, happy and comfortable, is a great achievement and a never-failing source of joy. And one sure way to make him feel welcome is to look nice yourself and have the house looking nice. A clean, tidy, well-kept house, with a bright fire and something pretty wherever you look, even if it is only a little looking-glass or a few buttercups in water, or a brightly polished tea-kettle, makes a good welcome. Never mind all the hard knocks you have had. Things don't matter if you don't let them matter.

Who's Coming to Tea

"Who's coming to tea?" said the young husband when he saw that his wife had changed her dress and put one of the best tablecloths on the dining-table.

"You," promptly answered the young wife.

She had forgotten lately to do these little things, but an old friend had been in that day, found the young wife rather untidy, told her she was "heading for trouble" and the young wife had taken the hint!

"Why, I thought you must be going to have company," said he.

"Yes. You are my best company," said she.

Beguile Father of his cares. Forget, and help him to forget, anything hard or disagreeable in the day. Don't be afraid to do things for him. Hang up his coat. It won't hurt you! But see that he does things for you. Never refuse to let him help you. Keep it up!

Are his feet wet? Give him dry socks and slippers. He is the Head of the Family and the Chief of our Strength.

Feet

"How often will I tell you that a marching man is no stronger than his feet—his feet—his feet," as one of Kipling's Sergeants says. In taking care of the family begin at the feet. You know how. Don't do it yourself. Supervise it. Teach them to do it. Just as soon as they are old enough. Clean, comfortable, well-shod feet. Have you a corner where I can clean my boots? Good.

Who makes and mends the socks? The sailors in the British Navy can knit and patch and darn as well as we can. On the farm, or anywhere, it is a fine thing for all the boys and girls to be handy with a needle.

A Fair Deal

Give a fair deal all around. Let the girls do things for the boys, and the boys do things for

Happy Young Farmers.

Natural Resources Intelligence Branch,
Department of the Interior.

the girls, and let them all do things for you. Children about four years old begin to want to "Help Mother" and "Help Father." Let them. Let them help, and let them keep right on all through life. Don't discourage them. For the first five years they will not give much actual help but think of the sixty years after! The useful people begin young! Always let everybody in the house help to take care of everybody else.

The Older Generation

There may be in the family one of the older generation. They are getting fewer. It is a great thing for the children to have Grandfather or Grandmother or Aunt Mary or all three of them. The aged need extra warmth, quiet, consideration, and simple, good, easily digested food. They should rest longer in the morning than the rest of us. John can take up Grandma's breakfast and do a great many other nice things for her. Mary will always remember to put a hot stone, well-wrapped-up, in Grandfather's bed at night—about half an hour before his bedtime. Everybody should be specially courteous to the older generation. They don't like things to be changed as much as we do. Some day John and Mary will be

the older generation. There are always three generations in sight and we should keep close to each other.

Right Feeling

It is our feeling towards the aged that makes them happy and makes us happy too. It is a great privilege to make Grandfather and Grandmother as happy as they made us in our childhood when to "Going to Grandma's" was the greatest event of our year.

Think

We must give intelligent thought—not superficial routine consideration—to making them comfortable. As to the bed, for example, the secret of a warm bed is a thick warm mattress. There is nothing wrong about a feather bed, though some housekeepers seem to think so, and if Grandma has slept on one all her life, you cannot expect her to make a change now when she is three-score years and ten. Perhaps we could have two, one to change the other, so that airing would be easier.

Then flannel or flannelette sheets and nightgown or pyjamas are very comfortable, and bedsocks to keep the feet and ankles warm. Cold feet cause suffering as well as discomfort.

Be Kind

Of course 65°-70° is warm enough for the living-room but we may have to use diplomacy about airing the room, and a foot-warmer for one person may save all the rest of the family from being "roasted."

Some conditions, such as climbing long flights of stairs, are impossible for aged persons. They are not very good for the rest of the family either.

Make Them Happy

But after all it is our attitude to the older generation that makes the difference. Put yourself in their place. They often long to be useful. Grandpa and Grandma can and will "help us out" every day if we give them the chance. We can make them almost as happy as the children are, but in a different way and for different reasons. Joy and grief are seldom felt as keenly at the farther verge of life. They feel that "It will not be long". More happiness is secured by adjusting things to their needs, as far as possible, than in any other way. Some excellent persons who are busily engaged in the great work of "bringing up the children" and securing household discipline, forget that discipline is absurdly out of place if attempted towards the older generation.

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Do not err in the opposite direction either and sacrifice the hopes and interests of the younger generation. They should be protected from such a calamity. One generation should not be sacrificed to another.

Mental Illness

The family physician should be called in and his advice followed if mental enfeeblement or illness occurs. Delay is dangerous. Mental illness is seldom or never recognized by the family until it is too late. It is wrong to subject children, at the formative period of life, when impressions are so deep and lasting, to the shock and pain of contact with mental illness. Such a condition robs all the rest of the family of their home and must not be allowed.

The School of Life

More and more we see that Home is the great School of Life for parents and children alike. The parents seem to be ever giving, but they know that they are ever receiving too. The children, themselves God's greatest gift, bring so many other gifts with them.

Our ideal for our children is that they should grow up self-governing persons, not persons governed by others. There should be no despot-

"I am Trying to Think," says the Baby. W. J. Turnbull.

ism in the home—neither parental nor filial. Parents have their rights as well as children and it is just as true that our children should respect us as that we should respect them. Respect for them will keep us from treating them as a possession to be tyrannnized over or exploited or "shown off," and respect for ourselves should preserve us from the fate of the downtrodden parent whom we sometimes see in modern life.

Comrades

The foundation of the comradeship of parents and children can and should be laid in very early childhood, almost in babyhood. Play with the baby as an equal, for he is a human being too. Respect his wishes. You will often know what they are before he knows himself. Doing things together is one great secret of comradeship. It is the taking of counsel, not the giving of a command on one side and the executing of a command on the other, that makes for comradeship.

Give the Children a Chance

Don't suppress the children too much. Don't say—"Children should be seen and not heard." We should be willing to hear them if

Some Boys

Natural Resources Intelligence Branch,
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they have something to say. Little children often say lovely things and true. Your children have gifts. Can't you find out what they are? Bring them out, and let them work away at something and don't make them silly and spoiled.

As for the Baby—of course everybody wants to help Mother with the Baby. It is a privilege to do anything for anybody in our family.

Meals

Good well-chosen food has a great deal to do with health. People who are properly fed can work hard and they have good resistance against cold. They have pretty good protection against infectious disease. Variety is most important. Do not serve the same things at every meal.

There are five different kinds of good and necessary food, and we need some of each kind every day. They are as follows:—

1. Milk, all other dairy products or foods with milk in them, meat, fish, poultry, eggs.
2. Cereals such as oatmeal, and starchy foods such as bread and potatoes.
3. Butter and all other foods which have fat in them, if the fat is an animal product.
4. Green vegetables and fruits of all kinds.
5. Sweets, such as puddings, syrups, maple sugar and other wholesome sweets.

Meals should be regular, three times a day, sufficient, nourishing, varied, well-cooked and eaten slowly. Food habits are very hard to change. Begin right. Eat slowly. Teach the children to begin using their teeth to chew properly as soon as they have any teeth and keep the teeth clean until the child is able to use a brush and keep them clean himself.

As for regularity, everybody in our family comes with clean face and hands when the bell rings. Mother must not be kept waiting. She has everything hot. Father will say Grace —or perhaps one of the little children will say it.

"Whenever there is a rapid increase in height, the child is apt to grow thin and anæmic, as the making of bone quickly uses up the red corpuscles of the blood. The children require extra care.

Vitamines

(A). Vitamines soluble in fat, included in butter, eggs, cod liver oil, fat fish, lean meat, lettuce, spinach, fresh carrots, cabbage, and the germ of cereals;

(B) Vitamines soluble in water, included in milk, eggs, lean meat, liver and various other glands, potatoes, cabbage, carrots, lettuce, turnips, nuts, wheat bran, the germ of cereals, apples, oranges, lemons, grapes, tomatoes, yeast;

(C) Vitamines that prevent scurvy, also soluble in water, included in lean meat, liver, beef juice, cows' milk, cabbage, tomatoes, turnips, cresses, lettuce, apples, oranges, fresh lime juice, lemon juice, raspberries.

Vitamine (A) is not much affected by heat, vitamine (B) should not be subjected to heat above the boiling point of water, and vitamine (C) is destroyed by heat and alkalies.

For this reason when all the milk given to infants and little children is preserved by heat, some fruit juice should be added to the dietary. It is always desirable to preserve the water in which vegetables are cooked so that the vitamines may be retained."*

Vitamines are necessary to health, especially in the growing time. Everybody should eat one or more of the kinds of foods under A, B and C every day. Children who are growing fast need much good food.

The following gives a good choice of simple, nourishing food for children.

BREAKFAST—

Fruit.
Cooked cereal and milk.
Milk or cocoa.
Bread and butter.
Egg, poached, or scrambled or soft boiled.

*Dr. H. A. Chapin.

DINNER—

Soups.
Meat or fish.
Potatoes or rice or macaroni.
Fresh vegetables.
Bread and butter.
Dessert.
Milk.

SUPPER—

Cooked cereal and milk or milk soup.
Macaroni or cheese, or vegetable chowder, or vegetable salad.
Bread and butter.
Milk or cocoa.
Stewed fruit or baked apple or custard.
Bread and hot milk.
Eggs.

Bananas are not very good food for children. Apples and other Canadian fruits are better.

Manners

Teach the children manners. Good manners are beautiful to see. They are a valuable asset, and such a help to character, conduct and success. That's the way to get your salary raised. Mind your manners.

Most of us Canadians are hungry for our meals, and we know that we should stop when

that hunger is reasonably satisfied. Don't keep on eating till you don't want to eat any more. You have eaten too much when you feel that way. Don't hurry off to hard work right after meals. Help Mother to clear the table and wash the dishes. If it is not your turn to help then read for a few minutes.

Sleep

Then there is sleep. The baby will sleep twenty-two hours out of the twenty-four, and then eighteen or twenty hours till about one year old. Father should have at least eight or nine hours—say, 10 p.m. to 7 a.m., or 8 p.m. to 5 a.m. on the farm. Mother should have nine hours, the same as Father, but ten is better. Perhaps she could rest an hour in the afternoon. Little children need fourteen or fifteen hours of sleep. They should have twelve hours or more up to eight to ten years of age and a good sleep in the afternoon. Eight years old is young enough for school. At twelve years of age they may do with eleven hours but they should not sit up as late as Father and Mother until they are about eighteen years old. School lessons that cannot be learned before bed-time, (but study while you are at it), may be left till another day.

Children that sleep long and well usually have good nerves and good health. They will have some reserve strength and be equal to the burdens of life when they grow up.

Clothing

Clothing has something to do with health. If the feet are all right and a woollen garment, (combinations are convenient), is worn next the skin, you are pretty well all right and can wear what else you like. The Canadian beaver wears his fur all the year round and never takes cold. Of course in summer he resides under water a good deal. You may change your winter flannels for lighter ones about 24th of May, if you are too hot, but soft light wool is the best thing to wear next you all the year round if you really want to avoid Doctor's bills. Underclothing should be changed once a week. If the thermometer gets up to 90° Fahr. you may wear cotton next you for these few hot days. But in winter, do not follow foolish fashions and have your children's legs bare and cold. Bare legs are all right in summer. Girls need warm clothes as much as boys. A girl's health may be impaired for life by wearing insufficient clothing now.

The Dolls' Winter Tea Party

Ventilation

The whole house and every room in it and every corner of it should be flushed out with fresh air every day. Don't sit in a close, stuffy room. Mother should be able to open every window in her house with two of her fingers. Windows in bedrooms should be open during sleeping hours—wide open in summer and a tiny crack open in severe weather. There will always be a current of cold air near a window in very severe weather, but this usually does not come from outside and therefore is not fresh air. When you sit down, always look round and see where your supply of good air to breathe is coming from.

Habits

Regular habits are essential to good health. Bed-time should be regular—also rising time. Bed-clothes should not be too heavy. Be sure that every one in the house has a regular, definite time for going to the toilet and never neglects it. That is the best way to prevent constipation. Health depends very much on attention to these regular habits.

Keep Clean

No Health Rule is more important than "Keep Clean"—Clean Air, Clean Water, Clean

Food, Clean People, Clean Clothes, Clean House—these all help towards Health.

Everybody needs a bath every day. If you cannot manage that at present in your family, do the best you can and work towards it. But with a bathroom, which we hope every Canadian home will have one day, you can manage it. Give everybody a definite time for the bath. A bathroom saves so much work in carrying water. If possible have a place downstairs where hands and faces can be washed and teeth can be brushed twice a day at least.

Teeth

Watch the children's teeth.—First set and second set too. The use of the tooth-brush saves money. Don't forget to see the dentist once a year.

Drinking Water

Everybody needs three drinks of water a day. The best times are before breakfast, in the middle of the morning and in the middle of the afternoon. This gives you your internal bath. If you have a cup for general use, teach everybody to wash it well before and after drinking.

Weight and Height

Keep a record in your Diary or on the back of the calendar of the height and weight of each of the children, every month if convenient, or at least twice a year, to see how they are growing.

Health Hints

It is also important to know the weights of the other members of the family. A satisfactory weight is a good indication of health. Everybody ought to be well and there is some cause for any ailment we have. Take headache. The commonest cause is eye-strain. Get the advice of a doctor who is an eye specialist. Not a jeweller, nor a pedlar, nor a general merchant, but a doctor who is an eye specialist. Nothing is so precious as sight. If there is anything wrong with your eyes, see the doctor who is an eye specialist or oculist. Do not neglect a cross eye or squint, especially in a child. See an oculist at once, just as soon as you notice the squint or it will be too late.

Do not neglect a "running ear" or repeated sore throats or "mouth breathing." Ask your family doctor. Health is all important.

Teach the children to hold themselves well and to stand and sit erect.

Exercise out of doors is necessary to health. The children need play. It is part of their

Boys, Girls and Geese.

Natural Resources Intelligence Branch,
Department of the Interior.

birthright, and is the principal part of the life of the child. Your good neighbour's children will always be welcome visitors to help to play games in your yard. Get them started. Children should play. Help them to do it.

Cheer Up

Mother must have a walk every day. If she can walk to the field or down the lane or down the street to meet Father and walk back with him she will like that best. He will make her a nice little seat under the old beech tree on the farm, about a quarter of a mile from the house, where she can sit in the summer. Besides, Mother and Father must get "off the lot" sometimes. Always have a holiday in sight, even if it is next year. Where do they go for picnics in your part of the country? Invite your neighbours and go. Farmers know how to manage a picnic and city people like a picnic in the country.

How long is it since you had any real fun? Have a change. Read a good novel. Take a rest. You deserve it. All work and no play makes anybody dull. What do you really care for? Baseball? Music? Theatres? Travel? Save up for it. It will do you good. It is your duty to keep your mind alive as well as your body. Don't starve your mind. Be happy.

Tables for Age, Height and Weight

The following tables represent the results of a height and weight survey of school children in Toronto made during the winter of 1922 under the direction of Dr. C. J. Hastings, Medical Officer of Health and published by the Department of Public Health, Toronto. The exact number of children examined was 59,168. Of these 30,016 were boys and 29,152 were girls. The ages were from 5 to 16 years and all were in attendance at school. Measurements were taken in school clothes and without boots. The age was taken to the nearest year. The figures represent an average.

" While a child's weight corresponds to a certain extent with his age, it depends even more upon his height. A short well-proportioned boy of eight will not weigh as much as a tall well-proportioned boy of the same age. For this reason, a table giving the correct weight for each of a number of different heights, at each age, is more satisfactory for careful use than a table giving only one weight.

Table I, for Boys, and Table II, for Girls, were designed to meet this need.

On the other hand it is often desirable to know approximately what a child of a given age generally weighs. For quick reference, therefore, the average weight at each age was selected from

Tables I and II, and is given separately in Table IV.

The average height, selected in the same manner, appears in Table III."

TABLE I

BOYS—HEIGHT AND WEIGHT FOR AGE

Height in Inches	Age in Years												Height in Inches
	5	6	7	8	9	10	11	12	13	14	15	16	
39	36	...	...	...	...	...	...	...	...	...	...	...	39
40	38	38	...	...	...	...	...	...	...	...	...	...	40
41	38	39	...	...	...	...	...	...	...	...	...	...	41
42	39	40	41	...	...	...	...	...	...	...	...	...	42
43	41	42	43	44	...	...	...	...	...	...	...	...	43
44	42	44	44	45	...	...	...	...	...	...	...	...	44
45	44	46	46	47	49	...	...	...	...	...	...	...	45
46	46	48	48	48	50	...	..	...	...	...	...	...	46
47	...	50	50	51	51	52	...	...	...	...	...	...	47
48	...	52	52	53	54	54	55	...	...	...	...	...	48
49	...	...	55	55	56	56	58	...	...	...	...	...	49
50	...	...	57	57	58	59	60	62	...	...	...	...	50
51	...	...	59	60	61	62	63	64	66	...	...	...	51
52	...	...	...	63	63	64	65	66	67	...	...	...	52
53	...	...	...	65	66	67	68	69	70	72	...	...	53
54	...	...	...	...	69	70	71	72	73	74	...	...	54
55	...	...	...	...	71	73	74	75	76	77	80	...	55
56	...	...	...	...	...	76	77	77	78	79	81	...	56
57	...	...	...	...	...	79	80	81	82	83	84	...	57
58	...	...	...	...	...	...	83	84	85	86	87	88	58
59	...	...	...	...	...	...	87	88	89	90	92	93	59
60	...	...	...	...	...	...	...	93	94	95	96	97	60
61	...	...	...	...	...	...	...	95	98	99	100	102	61
62	...	...	...	...	...	...	...	99	101	103	104	105	62
63	...	...	...	...	...	...	...	...	106	108	109	110	63
64	...	...	...	...	...	...	...	...	113	114	115	116	64
65	...	...	...	...	...	...	...	...	...	118	120	121	65
66	...	...	...	...	...	...	...	...	...	121	125	126	66
67	...	...	...	...	...	...	...	...	...	127	129	130	67
68	...	...	...	...	...	...	...	...	...	...	134	135	68
69	...	...	...	...	...	...	...	...	...	...	137	138	69
70	...	...	...	...	...	...	...	...	...	...	142	143	70

TABLE II

GIRLS—HEIGHT AND WEIGHT FOR AGE

Height in Inches	Age in Years												Height in Inches
	5	6	7	8	9	10	11	12	13	14	15	16	
39	34	...	...	...	...	...	...	...	...	...	...	...	39
40	35	37	...	...	...	...	...	...	...	...	...	...	40
41	37	38	39	...	...	...	...	...	...	...	...	...	41
42	39	40	40	...	...	...	...	...	...	...	...	...	42
43	41	42	42	42	...	...	...	...	...	...	...	...	43
44	42	44	44	44	...	...	...	...	...	...	...	...	44
45	44	46	46	46	47	...	...	...	...	...	...	...	45
46	46	47	47	48	48	49	...	...	...	...	...	...	46
47	...	49	49	50	50	51	...	...	...	...	...	...	47
48	...	51	52	52	52	53	54	...	...	...	...	...	48
49	...	54	54	54	55	55	56	...	...	...	...	...	49
50	...	...	57	57	57	58	59	60	...	...	...	...	50
51	...	...	58	59	59	60	61	62	...	...	...	...	51
52	...	...	...	62	62	63	64	65	66	...	...	...	52
53	...	...	...	64	66	67	67	68	71	...	...	...	53
54	...	...	...	66	69	69	70	71	72	75	...	...	54
55	...	...	...	...	73	73	73	74	75	78	...	...	55
56	...	...	...	...	75	76	77	77	79	79	...	...	56
57	...	...	...	...	...	78	80	80	83	85	88	...	57
58	...	...	...	...	...	81	84	85	86	90	91	95	58
59	...	...	...	...	...	...	89	90	92	94	97	100	59
60	...	...	...	...	...	...	91	93	96	98	101	102	60
61	...	...	...	...	...	...	...	95	100	102	106	107	61
62	...	...	...	...	...	...	...	101	102	106	108	110	62
63	...	...	...	...	...	...	...	...	108	110	112	114	63
64	...	...	...	...	...	...	...	...	112	114	118	119	64
65	...	...	...	...	...	...	...	...	...	118	120	123	65
66	...	...	...	...	...	...	...	...	...	122	123	126	66
67	...	...	...	...	...	...	...	...	...	...	126	128	67
68	...	...	...	...	...	...	...	...	...	...	130	132	68

TABLE III

BOYS AND GIRLS—AVERAGE HEIGHT FOR AGE

Age in Years	Average Height in Inches	
	Boys	Girls
5	42	41
6	45	45
7	46	46
8	48	48
9	50	50
10	52	52
11	54	54
12	56	56
13	58	59
14	60	60
15	62	61
16	63	62

TABLE IV

BOYS AND GIRLS—AVERAGE WEIGHT FOR AGE

Age in Years	Average Weight in Pounds	
	Boys	Girls
5	41	38
6	46	45
7	49	48
8	54	52
9	59	57
10	65	63
11	71	71
12	77	79
13	83	89
14	92	98
15	102	104
16	114	108

"Children ought to be taught to be proud of being well, not of being ill; to be taught that sickness is not a source of interest, but a badge of inferiority; that to be healthy is the prime condition of all things desirable in life."—*G. W. Stevens.*

"What person is there who, having attained to such maturity as is required for legible record, shall presume to reconstruct, either from memory or from observation, the mind of a child? Certain mental attitudes may be recalled, certain actions predicated in certain circumstances, but the stream of the mind, with its wayward currents, its secret eddies, flows underground, and its course can only be guessed at by tokens of speech and action that are like the rushes and the yellow king-cups, and the emerald of the grass that show where hidden waters run."

—*E. Œ. Somerville and Martin Ross.*

"The youth of to-day requires freedom, ... a freedom that does not mean licence to idle, but a real liberty, the tasks to be fulfilled being self-imposed and self-originated. Few teachers can do more in the short time allotted to school life than show their pupils how to learn. . . . Children 'learn by deep experience that work is not a toy or burden, not a grim necessity, but something that affords the purest joy'."

—*The London Times.*

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